

**SMST DISTANCE INVITATIONAL**  
*Held under sanction of USA Swimming and Connecticut Swimming, Sanction #0S06-25*  
*Hosted by the Shelton Monroe Swim Team*  
*December 1, 2006*

Name Of Meet: SMST Distance Invitational Meet Classification (Open Or Closed): CLOSED  
Date of Meet: December 1, 2006  
Location(s): Shelton Community Center, Shelton, Connecticut  
Information Updates, Meet Announcement and Meet Results will be available on the Shelton Monroe Swim Team website at [www.smstrapids.org](http://www.smstrapids.org).

Meet Director: Donna Stewart  
42 Mayflower Lane  
Shelton, CT 06484  
203.924.9645  
[m.stewart07@sbcglobal.net](mailto:m.stewart07@sbcglobal.net)

Entry Chairperson: Sue Szabo  
9 Suren Lane  
Shelton, CT 06484  
203.926.1730  
[james.szabo@snet.net](mailto:james.szabo@snet.net)

Meet Referee: Dorothy Freer Safety Chairperson: Barbara Callahan

Officials Contact: Glenn Wells  
203.929.8532  
[masterglen@aol.com](mailto:masterglen@aol.com)

Facility/Pool Description: The Pool at the Shelton Community Center is an 8-lane by 25-yard facility with non-turbulent lane lines and electronic timing. Adequate seating and parking is available. Spectator seating capacity is 210. Parking space is limited, please carpool if possible. Please do not park in the designated Fire Lanes. Note: No Street Shoes will be allowed on deck.

Pool Emergency Phone: 203.925.8422

Disabled/Elderly Access: Handicap accessibility is available for participants and spectators. Handicap accessibility is through the women's or men's locker rooms. Once out on the swim deck area, a participant will be able to join his/her team. Handicap spectators will be able to view the meet from in front of the spectator stands area.

Splash Fees: Individual events are \$5.00 each. Make checks payable to the Shelton Monroe Swim Team and mail the check with entry forms to the Entry Chairperson above. If you send your entry by express mail, please sign the waiver so that the package will be delivered even if no one is there to sign for it. **Emailed entries are not considered official until we receive your check.**

Manual Entry Fee: **There will be a \$1.00 charge for each swimmer; for five or more hand entered entries.**

Checks Payable To: Shelton Monroe Swim Team

Entry Deadline: The final deadline for the meet is **Friday, November 17, 2006**. Formal team entry is determined by the date of receipt of the entry hard copy and entry fee by the host team. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than **Friday, November 24, 2006**. The meet management reserves the right to limit heats, adjust warm-up and/or start times subject to the approval of CT Swimming program operations.

Entry Format: Teams are encouraged to submit their entries on a Windows PC diskette using Hytek Swim Team program, LSA Swim Team program or any program that produces the USS Standard Data Interchange Format SDIF. All entries on disk must be accompanied by the original paper copy of the entry. You may also submit your entry by email in SDI format. Please ZIP your entry and include the telephone number and attach it to an email note to [james.szabo@snet.net](mailto:james.szabo@snet.net). Mail your entry to the Entry Chairperson at the above address. Please send your original entry, not a photocopy. The **telephone number** (and if available, a **fax number** and/or **email address**) of a club representative that can be reached in the evening must be included on the form as well as a club mailing address. If any of your swimmers are swimming the meet Unattached, please mark **UNAT** clearly in **Red** alongside of swimmer's name on the entry sheet. In case of dispute, the official entry form will be considered the master form and only official document of entry.

Swimmer Eligibility: Only 2006 or 2007 USA registered swimmers are eligible and must be registered prior to the entry deadline. The swimmer's age as of December 1, 2006 will determine his/her age for the meet. There are no cut-off times. Swimmers may compete in all events.

Coach Eligibility: All coaches must present a valid USA Swimming Coach Card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck.

Entry Limitations: Swimmers may compete in all events.

Cut Protocol: There are no cut-off times and swimmers may compete in all events.

Reserve the right to make changes: The meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet, with prior approval from Program Operations.

Scratch Procedure: Coaches will receive a scratch sheet for the meet in their information packet listing all of their swimmers and events for that session. Coaches must indicate all scratches or none on these sheets and turn them in to the computer table within **15 minutes** after the beginning of warm-ups.

Warm-up Time(s): Warm-up time is 5:00pm  
*Please note that there will be a thirty (30) minute warm-up prior to the start of the 1000Y Free. Warm-up and start times for the Sessions are subject to change depending on the size of the meet. Teams will be notified of any changes by Friday, November 24, 2006, or as soon as possible thereafter.*

Starting Time(s): Start time is 5:30pm.  
*Warm-up and start times for the Sessions are subject to change depending on the size of the meet. Teams will be notified of any changes by Friday, November 24, 2006, or as soon as possible thereafter.*

Timers and Officials: Swimmers must provide their own timers. Swimmer must supply their own lap counters for the 1000Y Freestyle event. Officials will also be needed. If you have any officials who will be able to assist, please contact the Officials Contact listed above.

Awards: None

Refreshments/Concessions: None

Directions: Directions to the Shelton Community Center:  
*Merritt Parkway from New Haven: Take Exit 52. Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a left. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.*  
*Merritt Park from New York: Take Exit 51 at the end of ramp turn left (Nichols Ave.-Rt. 108N). Go 4.3 miles to Huntington Center. Take right onto Church Street. Entrance to the Shelton Community Center is an immediate right. Parking for pool is in rear.*  
*Route 8 (Northbound): Take Exit 11 (Huntington Road). At the end of the exit (stop light) take a left. Continue straight through the next light. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.*  
*Route 8 (Southbound): Take Exit 12 (Old Stratford Road). At the end of the exit (stop light) take a right. At the second light continue straight up the hill (Commerce Drive) to the end. At the stop sign, take a right onto Huntington Road. When the road splits, bear right. At the second light, take a left and go around the green to the next light. The entrance to the Shelton Community Center is an immediate right. Parking for pool is in the rear.*

Comments: Please direct all questions regarding entries to the Entry Chairperson and all other questions to the Meet Director. Since we are the guests of the Shelton Community Center, all swimmers, coaches and guests are expected to treat the facility with respect. It is the responsibility of each team to provide supervision for the swimmers when they are not swimming.

Order of Events:

<b><u>ORDER OF EVENTS</u></b>			
<b><u>GIRLS</u></b>		<b><u>EVENT</u></b>	<b><u>BOYS</u></b>
1	Senior	400Y IM	2
3	Senior	1000Y Freestyle	4

Events: All events will be swam as timed finals and will be deck seeded according to the swimmers' best short course **yard** times. The 1000 Yard Freestyle event will be swam from fastest to slowest, alternating heats between girls and boys. USA Swimming Rules will govern this meet.